



## Exercise and Injury Prevention

It is the start of a new year and for many people that means resolving to exercise regularly. Exercise helps you reach your personal best and perform at your peak on and off the job, however it is important to incorporate injury prevention strategies into your workout routine. Research has shown injuries are the Department of Defense's leading health impediment to readiness – both peacetime and combat<sup>1</sup>. Whether you want to start a new exercise routine or refresh your current workout regimen, the Navy and Marine Corps Public Health Center (NMCPHC) has the resources to help you incorporate injury prevention strategies into your physical training. The resources highlighted below eliminate the guesswork by providing photos, videos and descriptions of exercise movements to help you exercise safely.

### **Navy Operational Fitness and Fueling System (NOFFS)**

NOFFS combines human performance and injury prevention strategies, resulting in more productive and safer training routines. Geared toward individuals of all fitness levels, NOFFS is designed to provide the Navy with a world-class performance training resource for Sailors, as well as Navy health and fitness professionals.

Using the latest sports science methodologies, NOFFS results in safer training while yielding positive performance outcomes. The exercises used in the training system are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling and carrying.

Click [here](#) to learn more about NOFFS or download the [NOFFS App](#).

### **Injury Prevention**

Exercise helps you achieve your personal best. Maintaining adequate physical fitness, practicing safe training techniques and using good judgment should all factor into an effective injury prevention plan. NMCPHC's Health Promotion and Wellness (HPW) department offers practical tools, educational resources and evidence-based prevention strategies that help keep Sailors performing at their peak—on and off the job. Injury prevention resources, tools and strategies include:

- [Prevent overtraining injuries](#)
- [Primary components of a complete training program](#)
- [Safe and effective physical fitness and sports-related strategies](#)
- [Musculoskeletal sports injury prevention resources](#)

To learn more, please visit the HPW [Active Living page](#) and [Injury Prevention Page](#).

Follow the [Navy and Marine Corps Public Health Center](#) on Facebook! Click [here](#) and "like" our page.

<sup>1</sup> Jones, Bruce, Canhum-Chervak, Michelle, Sleet David. An Evidence-Based Public Health Approach to Injury Priorities and Prevention. *American Journal of Preventive Medicine*. 2010; 38(1S) S1 – S10.

